

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 01

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	3	6	75-80%	8	4.0						WIDER GRIP, BIGGER ARCH, SLIGHT PAUSE ON CHEST FOR EACH REP	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	2	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	12										TOTAL TRAINING TIME	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	3	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	2	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	9										TOTAL TRAINING TIME	
WEEKLY SET VOLUME	21											

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 02

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	4	6	75-80%	8	4.0						WIDER GRIP, BIGGER ARCH, SLIGHT PAUSE ON CHEST FOR EACH REP	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	2	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	13										TOTAL TRAINING TIME	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	3	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	2	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	9										TOTAL TRAINING TIME	
WEEKLY SET VOLUME	22											

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 03

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	3	6	77-82%	8	4.0						WIDER GRIP, BIGGER ARCH, SLIGHT PAUSE ON CHEST FOR EACH REP	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	2	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	12										TOTAL TRAINING TIME	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	3	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	2	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	9										TOTAL TRAINING TIME	
WEEKLY SET VOLUME	21											

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 04

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	4	6	77-82%	8	4.0						WIDER GRIP, BIGGER ARCH, SLIGHT PAUSE ON CHEST FOR EACH REP	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	2	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	13										TOTAL TRAINING TIME	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	3	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	2	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	9										TOTAL TRAINING TIME	
WEEKLY SET VOLUME	22											

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 05

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	3	7	75-80%	8	4.0						WIDER GRIP, BIGGER ARCH, SLIGHT PAUSE ON CHEST FOR EACH REP	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	3	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	13										TOTAL TRAINING TIME	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	3	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	3	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	10										TOTAL TRAINING TIME	
WEEKLY SET VOLUME	23											

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 06

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	4	7	75-80%	8	4.0						WIDER GRIP, BIGGER ARCH, SLIGHT PAUSE ON CHEST FOR EACH REP	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	3	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	14										TOTAL TRAINING TIME	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	3	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	3	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	10										TOTAL TRAINING TIME	
WEEKLY SET VOLUME	24											

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 07

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	3	7	77-82%	8	4.0						WIDER GRIP, BIGGER ARCH, SLIGHT PAUSE ON CHEST FOR EACH REP	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	3	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	13										TOTAL TRAINING TIME	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	4	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	3	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	11										TOTAL TRAINING TIME	
WEEKLY SET VOLUME	24											

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

8 WEEK CHEST HYPERTROPHY PROGRAM

WEEK 08

DAY 1

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
BENCH PRESS	1	AMRAP	90%	9.5	4.0						AS MANY REPS AS POSSIBLE - USE SPOTTER - DETERMINE NEW 1RM	
INCLINE DUMBBELL PRESS	3	8-10	-	9	3.0						30-45° BENCH ANGLE, RETRACT SHOULDER BLADES, FLARE ELBOWS	
BANDED PUSHUP	4	12-15	-	9	1.5						SQUEEZE PECS AT THE TOP OF EACH REP, FULL ROM: TOUCH NOSE TO FLOOR	
FLAT DUMBBELL STATIC HOLD	3	HOLD	40%	9	1.0						HOLD DB'S IN STRETCHED POSITION FOR 60 SECONDS, ADD TIME EACH WEEK	
SESSION SET VOLUME	12										TOTAL TRAINING TIME	

DAY 2

EXERCISE	SETS	REPETITIONS	%1RM	RPE	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	4	6-8	-	9	2.0						SHOULDER WIDTH GRIP, LESS ARCH, SLIGHT PAUSE ON CHEST	
BAYESIAN CABLE FLYE	4	12-15	-	9	1.0						CABLES HIGH AT SHOULDER HEIGHT, PERFORM SEATED, PALMS FACE DOWN	
BODYWEIGHT DIP	3	AMRAP	-	10	1.0						3 SECOND NEGATIVE ON EACH REP, LEAN SLIGHTLY FORWARD	
SESSION SET VOLUME	11										TOTAL TRAINING TIME	
WEEKLY SET VOLUME	22											

*NOTE: REST TIMES ARE GIVEN IN MINUTES.